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## ANNUAL REMEMBRANCE SERVICE



St. Anne's Church  
Friday 21st February at 7.30pm

To remember all those  
in our community who have died from  
November 2018 to December 2019.  
We also remember all our own relatives  
and friends who have died  
**Everyone welcome**

Refreshments after the Service in Tealleach Áine



**Lent** is the period of 40 days which comes before Easter in the Christian calendar. Beginning on Ash Wednesday, **Lent**

is a season of reflection and preparation before the celebrations of Easter. By observing the 40 days of **Lent**, Christians replicate Jesus Christ's sacrifice and withdrawal into the desert for 40 days. Ash Wednesday is a day of Fast and Abstinence.  
See Page 2 for details of distribution of Ashes on Ash Wednesday, 26th February



**The Portmarnock Bethany Bereavement Support Group** provides support to bereaved people by offering them a *'listening ear'*.  
If at any time, now or in the future you feel that the support of Bethany would be helpful, please contact a member of the Portmarnock support Group on 089 439 4096 or through the Parish Office on 01 846 1561.  
We are trained to listen with understanding and are here to support anyone dealing with the very painful experience of grief.



Anam Cara North Dublin Parent Evenings take place on the 3rd

Wednesday of the month (except during July & August) in the Carnegie Hotel, Swords, Co Dublin from 19:20-21:00.

This event is open to all bereaved parents, providing a safe and comfortable space for them in which to listen to a bereavement professional and other families facing the same challenges.

For more information please contact [info@anamcara.ie](mailto:info@anamcara.ie)



**We offer the sympathy of all parishioners to the families of**

*Maureen Hosey, St. Anne's Square  
Joan Ryan (nee Relihan), Wendell Avenue  
Shay Murphy, Carrickhill Close  
Michael Collins, Martello Court  
Des Garrity, Greenview/Seabrook Manor  
Jim Carroll, Portmarnock Park  
Kevin Rogers, Lr. Carrickhill Road  
Sheila Flanagan, formerly Flanagan's Shop, Strand Road*  
**who died recently**



**PARISH COUNSELLING SERVICE**  
in the Parish Centre. Payment negotiated.  
By appt only. Ph: Mary Ryan 087 270 9767

**ARE YOU HOUSEBOUND?**

Would you like to receive Holy Communion on a regular basis? Would you like a visit by the priest for the First Friday each month? This can be arranged by contacting the Parish Office at 8461561.

**St. Anne's Parish, Portmarnock, Mission Statement**

To create a parish in Portmarnock where people treat each other with love and compassion and work together to build up a dynamic Christian community characterised by faith, mission, worship and services



**TROCAIRE LENTEN CAMPAIGN**

Details of the Lenten Campaign for 2020 had not been issued at time of going to press.  
Details (re Trocaire boxes, etc), when available, will be included on the weekly newsletter at Mass and also on the parish website.

**Mass Times/Distribution of Ashes in our Grouping**

**Ash Wednesday 26 February**

Carmelite Convent Seapark: 7.30 am\*  
Malahide: 10.00 am and 7.30 pm  
Kinsealy: 10.00 am  
Yellow Walls: 9.30 am  
Portmarnock: 10.00 am

\*Mass at 7.30 am during Lent except Sat, Sun and Bank Holidays (9.00 am)

**ST. ANNE'S PARISH PREPARATION FOR THE SACRAMENTS 2020**

**FIRST HOLY COMMUNION DATES**



**St. Marnock's Saturday 9th May  
St. Helen's Saturday 16th May  
St. Anne's Church Time: 11.30 am**

**"DO THIS IN MEMORY" PREPARATION MASSES**

Sunday 1 March 2020—1st Sunday of Lent  
Sunday 5 April 2020—Palm Sunday  
Sunday 26 April 2020—3rd Sunday of Easter  
Sunday 14 June 2020—Feast of corpus Christi

**CONFIRMATION DATES**

**St. Helen's Thursday 26th March  
St. Marnock's Friday 27th March  
St. Anne's Church Time: 11.30 am**



**SACRAMENT OF PENANCE**

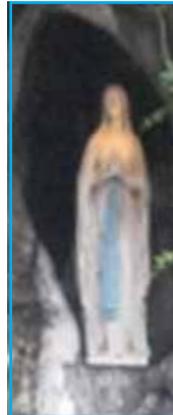
**St. Marnock's - Monday 10th February - 1.00pm - 2.00pm  
St. Helen's - 11th February 12.30 pm - 2.30 pm**

**SERVICE OF LIGHT**

**St. Helen's Tues 25th February 7.30 pm in the school  
St. Marnock's Wed 18th March at 7.30 pm in the school**

**Day of Reflection in Emmaus**

**St. Helen's - Thursday 5th March 2020  
St. Marnock's - Thursday 12th March 2020**



**ST. ANNE'S PARISH ANNUAL PILGRIMAGE TO LOURDES**

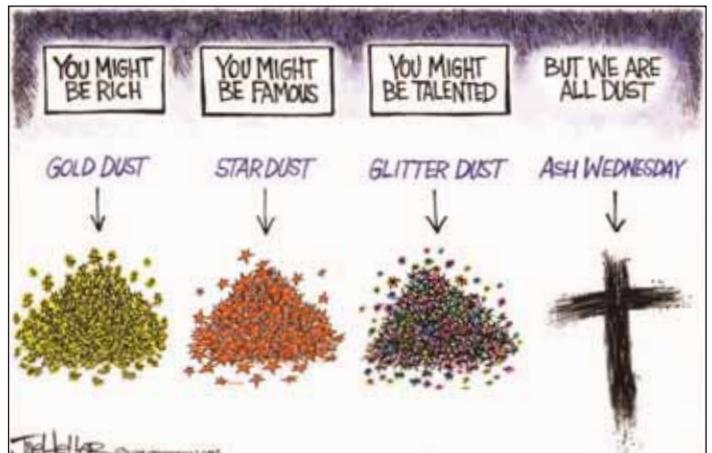
**Details of this year's Pilgrimage to be announced shortly.**

Pauline Geoghegan 087 629 3744



**CONTACT DETAILS**

**Society of St. Vincent de Paul**  
91-92 Sean McDermott Street, Dublin 1.  
Tel. 855 0022; email: info@svp.ie



## A WORD FROM FR. JIMMY

### Faith in the Family

**Faith in the Family** is an important element in preparing young people to receive the Sacraments: the Catholic Education Commission give some useful suggestions for parents and carers to use at home to form their children in faith. Parents are responsible for inviting their children to take their first steps towards faith commitment. This is the responsibility which they accept when they seek Baptism for their children. Children learn about life and faith firstly in the family home: from the simple things they are taught about how to live their lives from the values they embrace, from the loving care they receive.



Even when the faith of parents is uncertain or lacking confidence, children can still develop an understanding of right and wrong, a sense of their spiritual lives and a basic grasp of their faith tradition in fairly simple ways. But this requires parents to establish certain simple routines, to nurture certain traditions and to teach some important lessons about Jesus.

The following suggestions are offered to parents and carers to help them to support children at different stages on their journey in Faith.

**Develop** within your child a sense of self-confidence and joy in life: by encouraging openness and attention to others, by wonder at the environment (plants, animals, the seasons) by tender respect and care for human life.

**At an early stage**, use the name of Jesus relating it to things of love, joy and beauty, Make connections between these things and the symbol of the Cross, placed in a significant place in the house or in your child's room.

**Teach** about forgiveness and compassion by showing these qualities to your child. Teach him/her to say 'sorry' for wrong-doing and suggest how to 'right' a wrong.

**Teach** your child the first words of simple prayers by speaking directly to God using everyday words: thank you, good night, I'm sorry, please help me. Teach the Our Father and the Hail Mary.

**Tell** your child a story about Jesus from the Bible, just as you would read other stories.

**Display** some symbols in your home: a Cross, a picture of Jesus, a Nativity scene. Use these as talking points in your family's daily lives.

**Maintain** family traditions of a Christian nature: birthdays, times of festival (Christmas, Easter) family meals, sacramental celebrations: Baptism, First Communion, Confirmation.

**Encourage** your child to participate in any parish activities which help them to understand liturgy and Scripture.

**As a family, get involved** in activities where you share what you have with people near and far.

**Awaken** your child's moral sense, their sense of concern for others, when discussing current events in the news or when their own actions have consequences for others.

When your child is at school, talk to him or her about what he/she is **learning in religious education class** or in class assemblies and services.

**Try** to awaken in adolescent sons and daughters a sense of life, of service; a desire to succeed in developing their God-given talents through study, sports, music.

**Be there** for teenagers when they are in need. When they appear to reject what they have learned from you. Assure them of your love, even if they test the boundaries of loving forgiveness.

**Accept** that young people, because they are growing as individuals, will distance themselves from their families. Continue to help them become responsible for 'their choices and their values.

**Encourage** the relationship between children and grandparents, building bridges between generations and transmitting some of life's wisdom and some long-term values.

**Highlight and cherish** your child's stages of growth and happy memories: first days at school, first sacraments, first achievements, first exam certificates, first job, important birthdays.

## CHILD SAFEGUARDING

*If you have a concern about child abuse, please contact either: DIOCESAN CHILD SAFEGUARDING & PROTECTION SERVICE (CSPS)*

**Holy Cross Diocesan Centre, Clonliffe College, Dublin 3. Tel 01-836 0314 (Mon to Fri: 9am—5pm)**

**Designated Liaison Person: Mr. Andrew Fagan, Director, Child Safeguarding and Protection Service**

**Deputy Designated Liaison Person: Ms. Julie McCullough, Child Protection Officer, Child Safeguarding and Protection Service**

**or TUSLA Office Airside: 01 870 8000 or MALAHIDE GARDA STATION: 01 845 0216 Childline: 1850 666 666 Towards Healing: Freephone 1800 303 416**

**Your Parish Safeguarding Representatives are: Marianne McClorey & Micheál Ó Braonáin. They are contactable through the Parish Office: 01 846 1561**

## Abdominal Pain – When ‘Jingle Bowels’ persists....

Many people will have suffered from abdominal pain due to overindulgence on rich foods & ad hoc eating during the recent festive period – such pain is rarely prolonged. Irregular, excessive eating or alcohol consumption, a stomach upset or mild gut infection can all cause such pain. However, tummy pain that is severe or doesn't settle quickly may need attention from a doctor. This month's article examines the most common causes of abdominal pain seen by the Gp.

### What is abdominal pain?

The abdomen is that part of your body which is below your ribs and above your hips. Some people call it tummy/stomach ache or pain. When you have a pain in that area, doctors will call it abdominal pain. Usually, pain that you feel here will be caused by a problem in your gut. Sometimes it can be caused by problems in other organs. The gut (gastrointestinal tract) starts at the mouth and ends at the anus. When we eat or drink, the food and liquid travel down the gullet (oesophagus) into the stomach. The stomach churns up the food and then passes it into the small intestine, where food is digested and absorbed. Undigested food, water and waste products are then propelled into the large intestine (mainly colon) before being passed. Patients are often asked to describe the pain – sudden onset (acute) or long-standing (chronic), sharp/stabbing, crampy, or generalised and dull, and whether the pain travels to other areas.

### What problems can cause intestinal pain?

**Indigestion** may cause pain behind your breastbone, reflux, heartburn or belching and usually passes within a few hours, often aided by over the counter remedies. Gastritis is inflammation of the stomach lining. If you are older, or are known to have heart disease, indigestion-type pains that come on with exertion or stress are worrying. Sometimes it can be difficult to tell angina or a heart attack from indigestion. If you have pain that goes into your jaw or down your left arm, it might be angina. If it settles quickly, try to see your GP to discuss it. If it doesn't settle and you feel unwell, phone 999 for an ambulance.

**Wind & constipation:** Crampy pains after eating may be wind. Your abdomen may feel swollen or bloated. If you are able to go to the toilet and open your bowels or pass wind the pain usually goes. Constipation (irregular or hard stool) is another common complaint in both children and adults.

**Irritable bowel syndrome (IBS)** is an increasingly common gut disorder that patients complain of daily in our surgeries. The cause is not known but usually stress related. Symptoms can be quite variable and include abdominal pain, wind, bloating, and sometimes bouts of diarrhoea and/or constipation. Symptoms tend to come and go. There is no cure for IBS but symptoms can often be eased with treatment. In contrast, Inflammatory Bowel Disease (IBD – Chrons Disease/Ulcerative Colitis) can cause bloody diarrhoea, severe abdominal pain and a feeling of being very unwell.

**Diverticular disease** is common in older people. It is thought to be caused by eating a diet too low in fibre for a long time. Whilst often symptomatic, it can also cause flares of more severe pain (often left sided) and bloody diarrhoea which require treatment with painkillers and antibiotics. In contrast,

**Appendicitis** usually presents in childhood. Typical symptoms include abdominal pain and vomiting that gradually become worse over 6-24 hours. The pain usually starts in the middle of the abdomen but over time seems to move towards the right hip. A referral to hospital is inevitably required.

**Cancer** is always at the forefront of older people's mind when they suffer from abdominal pain. If you have pain that doesn't settle quickly or with simple remedies, in particular pain that awakens you from sleep, then you should go and see your doctor. Some of the questions they ask will be to make sure there is not any serious cause, such as cancer, for the pain you are having. Bowel cancer can cause abdominal pain. It commonly also causes weight loss, a change in bowel habit and blood in the stools. Pancreatic cancer can cause upper abdominal pain which goes through to the back, but more commonly starts with other symptoms such as jaundice. Stomach cancer can cause upper abdominal pain similar to the symptoms of gastritis but it does not get better with simple remedies. Urine infections, kidney stones, menstrual pain and pelvic inflammatory disease are other causes. The list does not include every condition that causes abdominal pain. These are just some of the most common causes.

### Investigations and Treatment

Some conditions may not need any investigations. Otherwise, the type of investigation will depend on which part of the gut is affected. Blood tests sometimes provide useful information about what is causing abdominal pain. Sometimes an **X-ray, ultrasound scan or scope [camera test of stomach (gastroscopy) or bowel (colonoscopy)]** will be requested. Treatment depends on what the likely cause of your pain is. Some types of pain can be treated simply with over-the-counter remedies you can buy at the chemist. Others may need treatment at a hospital. In many cases, you can prevent abdominal pain from occurring or worsening by eating at least 5 portions of fruit and veg a day, eating a high fibre diet and drinking 6-8 glasses of water a day. But remember...nothing compares to the stomach ache you get from laughing with your best friends! So arrange a New Year catch up today!



January 9th 2020 marked a dark day for the health service in Ireland, with the highest ever number of patients – 760 – waiting on trolleys for admission to our acute hospitals. Over 10,000 admitted patients were forced to wait without hospital beds in January 2020, according to a new monthly analysis by the INMO. This represents a 55% increase on the number of patients waiting for beds in January 10 years ago and a 30% increase on January five years ago.



*Dr. Laura's Diary is a monthly column in Progress by which I would like to inform readers about acute and chronic medical conditions and promote health and wellbeing for all Portmarnock Residents. If you have any questions, queries or comments, please email me at*

lauoflynn@rcsi.ie.

*Dr. Laura*

As per Albert Einstein, 'an empty stomach is not a good political advisor'.....



## Kids Corner

Children are expected to be at risk of a fresh barrage of flu that could hit Ireland in a month's time, possibly during the upcoming election. Although the current Winter outbreak, which has so far caused 28 deaths in adults, has peaked and is set to slowly recede in the coming weeks, there is a threat of a second upsurge this month, public health officials warned. Dr Kevin Kelleher, of the HSE, said that while the A (H3N2) strain had been dominant here for weeks, the United States had been mainly hit by influenza B which is likely to be transmitted here. Make sure you have vulnerable, at risk children vaccinated today.





## REMEMBERING ALFIE LAMBE

History records our nation as The Island of Saints and Scholars. What will the history of our modern Ireland record? As of now, apart from Blessed Edmond Ignatius Rice and the causes of Nano Nagle, Fr. John Sullivan and three members of the Legion of Mary, Frank Duff its founder, Edel Quinn and Alfie Lambe, envoys to Africa and South America, little is heard of the title of sainthood. It is important that we be aware of the life and achievements of Alfie Lamb.



Knowing him on a personal level is the inspiration to write this article. Alphonsus Lambe - known as Alfie- was born in Tullamore, Co. Offaly on the feast of St. John the Baptist, 24th June 1932. The youngest of a family of eight he was especially dear to his mother. At the early age of 14, Alfie felt drawn to a missionary life and saw this in the life of a teacher. Given the opportunity he entered the Christian Brothers in what was then St. Joseph's Missionary College in Marino. Having completed part of his studies, he with his fellow companions went to St. Helen's Booterstown, now the Radisson Hotel where he received the habit of the Brothers and was given the name Ignatius. This was the year 1947, a year of spiritual training and very secluded from the world. It was during this time that there was an indication that he had a slight health problem. However, he entered the teacher training college, also in Marino, and had completed part of the course when he developed a fainting weakness. As such it would not be possible to teach. Heartbroken, his life's ideal shattered, Alfie had to accept both medical and spiritual advice and return home. He found no consolation in work and became depressed. His brother Jack, in order to help, asked Alfie to join the Legion of Mary. I quote Alfie 'it was standing outside the church on a Sunday talking to people about the work of the Legion that I was happiest' Had Alfie found his second vocation?

His life from then on tells the story. There is no medical record from then on of his former weakness. He was offered an office job in Dublin and continuing his work in the Legion, soon became a close companion of Frank Duff, with whom he travelled to Praesidium meetings in many parts of the country. Transport was poor in those days and both of them cycled to the South and West of Ireland. The Legion was spreading to many parts of the world, where envoys, who gave up their lives here in Ireland to further the work, set out to encourage and help the newly established praesidia. South America was among the fastest growing extensions.

In working with Alfie, Frank Duff saw the idealism and commitment of the young Legionary and assigned him to South America as Legion Envoy. This took him to Argentina, Ecuador, Chile, Bolivia, Paraguay and Uruguay. He put his heart and soul into everything and succeeded in bringing the Legion to many areas. Those who worked with him always spoke of the example he gave not only in his spiritual life but in everything he did.

Life was not easy for Alfie in his new surroundings. He had to learn Spanish and Portuguese but his apostolic zeal helped him in achieve his objectives, which could be called superhuman, in a short space of time. His devotion to Mary was exemplary. On one hand it seemed that Alfie knew that he had not much time for his life's work and that he must accomplish it in a few years, what others might achieve in decades. On the other hand, the pace of his activities may have contributed to his early death. Here was a young man barely out of his teens who in a sense, set fire to a whole continent. Men twice and three times his age with vast experience and learning, listened to him as pupils to a master. Wherever he went the desert bloomed; the impossible happened; people without hope rose up with the spirit of crusaders. In Ecuador a number of well-known communists were converted through the work of the Legion. The press became interested In Alfie Lambe and a reporter asked him what he would do when he was no longer a legion envoy. His response was 'I would like to devote myself to work for youth here'.

We should stop and record the work of so many parents and in particular the youth of our own parish in Portmarnock, who in a special way have reached out to help their brothers and sisters in Africa in a new but truly Alfie Lambe spirit of love and care. The love of God was reflected constantly in Alfie's love of his neighbour and of the sick, whom he visited and cured spiritually. Those were the heroic days of the Legion, lived in humility and total dedication to the Legion ideal. To the eyes of Argentinians Alfonso is a star, one in which in the limpid clear nights rapidity crosses the skies leaving a trail of light. Alfie's memory lives on like a meteor but whereas a meteor leaves no trace, Alfie's work is thriving and flourishing in the Countries where he was active. The flame which consumed the Irishman, which he knew how to kindle in all those who surrounded him, has become a wildfire which had seized a whole continent.

At this time in Ireland our youth may be disheartened by the difficulties they see that lie ahead but the example of Alfie can be like that star—a light and hope for their future.

Life is short, life is earnest, very much applies to that of Alfie. **On the 23rd of January 1958 the feast of St. Agnes, the Latin version of a Lamb**, Alfie died of Cancer at the age of 25 and as his early life began with the Christian Brothers, his place of rest lies in the Brothers' vault in Recoleta Cemetery, Buenos Aires. Alfie's Cause for his beatification was sent to Rome last July.

Seán Mistéal

*Alfie's Biography written by a German convert, Hilda Firtel, can be acquired through the Legion of Mary Praesidium in Portmarnock.*

## 750 CLUB RESULTS DECEMBER 2019

**First Prize €1,000:** No. 54, Maura O'Donoghue, Carrickhill Walk  
**Seller: D. O'Connor**

**2nd Prize €500** No. 711, Ann Kenny, Woodlands  
**Seller: S. Scott**

**3rd Prize €250** No. 738, Anne & Philip Egan, Redfern Avenue  
**Seller: M. Corcoran**

**4th Prize €250** No 237, Jackie Kelly, Carrickhill Drive  
**Seller: J. Kelly**

### EXTRA PRIZES FOR CHRISTMAS — €200 EACH

No. 598, Carmel Harrington, Portmarnock Drive. Seller: K. McMackin  
No. 26, Norman Whelan, Carrickhill Road. Seller: K. O'Rourke  
No. 514, Anthony & Aideen Scully, The Dunes. Seller: A Gorman  
No. 638, Brid & Donal Power, Carrickhill Rise. Seller: S. Scott  
No. 305, Willie & Deirdre Fallon, Pmk Grove. Seller: J. Gallagher

### HARD OF HEARING?

If you use a Hearing Aid you can avail of the "Loop" anywhere in St. Anne's church.

All you need to do is adjust your Hearing Aid settings according to your manufacturer's instructions.



### GLUTEN FREE HOSTS



are available in St. Anne's Church at all Masses. You can approach the centre aisle at Communion time and either the priest or the Eucharist Minister will have the gluten free hosts in a special separate pyx.

*If you can only receive from the chalice please approach the altar with the Ministers of the Eucharistic*

### WELCOME TO PORTMARNOCK PARISH

If you are new to Portmarnock, you might like to register and/or make contact with St. Anne's Parish.

Please use the Registration/enquiry form online at [www.portmarnockparish.ie](http://www.portmarnockparish.ie) and return it to the parish office - on Strand Road, Portmarnock



## GET CONNECTED



[www.thehookoffaith.com](http://www.thehookoffaith.com)

Closer to home is a wonderful offering called 'The Hook of Faith,' which is an adult faith formation website

from 'FERNS C.A.F.É. (Catholic Adult Formation and Education) - a group in the diocese of Ferns, who are committed to the work of evangelisation and adult faith formation.

The website seeks to bring the light of the Gospel of Jesus Christ to bear on all sectors of society in a way that offers life and meaning to everyone. The mission of 'The Hook of Faith' is to 'digitally proclaim the Gospel in the Diocese of Ferns and beyond'. The hope of the founders of the website is that the light that comes from our faith will reach a wide audience through this new age of digital media and will help transform lives through the joy of the Gospel.

Courtesy of INTERCOM Magazine



## MIGHT AS WELL FACE IT: IRISH PEOPLE ARE ADDICTED TO THEIR MOBILE PHONES

Irish people check their phones on average 50 times a day—down from 55 times a day in 2018, according to a recent survey by Deloitte.

The study found that women check their phones 54 times a day on average, while men do so an average of 46 times daily.

While many people use their phone alarm to wake them in the morning, 32% of respondents reported checking their phone within five minutes of waking, for purposes other than silencing the alarm.

Four percent of people admitted checking their phone over 200 times a day on average, while two-thirds of people said they are trying to limit their smartphone use.

Around three in every ten people said over-use of their phone mean they had increased levels of distraction when performing a task (29%), were not getting to bed on time (28%) or constantly felt they had to check their phone for fear of missing out (26%).

When it comes to what we are doing on our phones, 85% of Irish people use their smartphones to access the WhatsApp messaging service, while 72% use it for work emails and 60% used it to make phone calls.

Twenty-eight percent of people say they stream a movie or TV show on their phone at least once a week.

*Deloitte's 2019 Mobile Consumer Survey is the Irish data cut of Deloitte's Global Mobile Consumer Survey, a multi-country study of mobile phone users around the world.*

Courtesy of INTERCOM Magazine

## TWEETS FROM POPE FRANCIS

*Pope Francis @ pontifex*

Through Baptism, we Christians are all anointed by the election of the Lord, and this is a pure gift. Today let us ask the Holy Spirit to be able to preserve this gift with faithfulness. This is Christian holiness.



May the Holy Spirit revive in each of us the call to be courageous and joyful evangelizers.

## COMMUNITY NOTICE BOARD



THE NATIONAL  
FIRST RESPONDERS NETWORK

### COMMUNITY FIRST RESPONDERS WANTED IN THE PORTMARNOCK AREA

In Ireland more than 5,000 people die each year from cardiac arrest. These are people going about their daily lives, who collapse and die without warning. Every minute that passes after a cardiac arrest reduces the chances of recovery.

#### What is a Community First Responder (CFR)?

First Responders are volunteers who are trained to attend certain types of emergency calls in the area where they live or work. Their aim is to reach a potential life-threatening emergency in the first vital minutes to stabilise the patient and provide the appropriate care including defibrillation, until the more highly skilled ambulance crew arrives to take over. Malahide/Portmarnock CFR aim to provide that vital link in the chain of survival.

**Volunteers must be over 18 and live or work in the Portmarnock area.**

**For further information please e-mail us at [malahideportmarnockcfr@gmail.com](mailto:malahideportmarnockcfr@gmail.com)**

## All Are Welcome

Portmarnock Lions Club presents a  
**Volunteer Showcase**



Meet clubs helping to make Portmarnock  
a better place to live

**Sunday 1st March 2020 from 2.00 to 5.00pm  
in Naomh Mearnóg GAA Club**

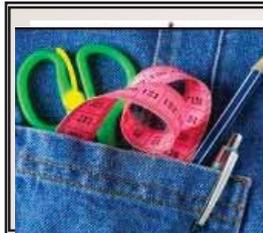
**SPORTS AND SOCIAL CLUBS  
COMMUNITY AND VOLUNTARY GROUPS  
Complimentary Refreshments**

**Want to participate as a voluntary organisation?  
Contact us at [lynchf140@icloud.com](mailto:lynchf140@icloud.com) or 087 979 3220**



### THANK YOU!

The Portmarnock Lions Club would like to express our deep appreciation for the very generous support we received from the community for our annual bag pack at Dunnes Stores on December 22/23 and 24.



THE CRAFT CIRCLE meets 3rd Saturday every month in the Parish Centre from 10.00 am until 1.00pm. Work night— first Thursday of each month, 7.30pm - 9.30pm also in Parish Centre. You would be very welcome to come along and share your craft. For further information contact Pauline at 087 629 3744.

**Citizens  
Information**



Do you know what you're entitled to?  
Employment, Health Services, Social  
Welfare, Tax or Housing.

Answers for all of life's questions. **Phone 076 107 7480.**  
(Malahide CIC, 2nd Floor Malahide Library **Ph 845 0627**)  
**Legal Session last Saturday of every month 10.30 am—12.30 pm**

# COMMUNITY NOTICE BOARD

## THANK YOU!

Thanking everyone for their valued time and efforts throughout the year 2019 for assisting and donating and fundraising for our club.



It is only through kindness and good intentions that our club is running so well.

**This year marks our 20 years in The Arch Club and we hope to celebrate the event throughout the year with various events which we will keep you informed about.**

We look forward to sharing this anniversary with you in the community and wish you all a great year.



## BREASTFEEDING SUPPORT GROUP

run by the local HSE Public Health Nurses  
Every Thursday 11.30 - 12.30 in Portmarnock Parish Centre. Tel: 921 3601 for further information

## PORTMARNOCK, KINSEALY AND MALAHIDE "CARE AND REPAIR"

is a group of volunteers who carry out small repairs and minor tasks e.g. minor gardening, changing plugs, cleaning windows etc. for people aged 60 plus. Where a job is too big or requires a professional tradesman we have a list of people we can recommend.

For more information please contact us on  
086 865 3311

The service is FREE and we WANT to help



## PARENT AND TODDLER GROUP in Teallach Áine in the Parish Centre

The Group meets every Tuesday  
morning from 10.30 am to 12.00 noon  
(except when schools closed)



## Irish Countrywomen's Association

We had a lovely informal night before the guild closed for Christmas. The choir members (pictured below) helped to get the singing going—carols of course and other Christmas songs.



The Guild reopened on 15 January with a most interesting talk by Ciaran Woods from the Shaw Trust on the artist William Orpen.

A talk on style and image is due for **Wednesday 22 January** and our usual business meeting on **Wednesday 29th**.

### DIARY DATES - All Wednesdays in February

5th Trip to Civic Theatre Tallaght for Showband Show  
12th Line Dancing 19th Craft Night with Pat O'Looney  
26th Business Meeting

Why not call down to join us? We meet every Wednesday in the Arch Club from 8 to 10 pm. You'd be very welcome.



## Portmarnock Pitch & Putt Club

Affiliated to the PPUI

We are now open to New Members for 2020. So, if you fancy a new leisure activity for the New Year, why not consider joining us at Portmarnock Pitch & Putt Club. We would be delighted to welcome you and your Family to the Club, and we guarantee that you will not be disappointed with what we have to offer.

**Membership Fees for 2020:** Adult €125. Seniors (over 65) €90  
Student/Apprentice (over 18) €90 Juveniles (from 10 - 18) €50  
(inclusive of all competition fees for the season)

### Honorary Member €15

### Family Membership Packages:

1 Adult + 1 Juvenile -Total less 10%

1 Adult + 2 or more Juveniles - Total less 10%

2 Adults + 1 Juvenile - Total less 20%

2 Adults + 2 or more Juveniles - Total less 20%

New Members can drop down to our Clubhouse any Saturday or Sunday between 12 and 1pm or send us an email for further information at the address below. We are located at the top of the Lane behind St Anne's Church

Portmarnock Pitch & Putt - *The Game for All the Family*

Email: portmarnockpitchandputtclub@gmail.com



## Society of St Vincent de Paul

Portmarnock Conference SVP would like to thank the people of Portmarnock, schools, clubs, and individuals for their generous donations in response to our special Christmas Appeal.

This year, with the help of the Transition Students of Portmarnock Community School, we distributed Free Post Appeal envelopes to most homes in Portmarnock, to make people aware of the work of St. Vincent de Paul locally.

We were delighted with the overall response to the appeal and to the Christmas church collections on 7th and 8th December 2019, which amounted in total to €36,536.

This will be used to help needy families and individuals throughout the year with food, education, heating, clothing, and furniture.

### SVP—DATES FOR YOUR DIARY

**4th/5th April:** Collection for Sunshine House

**3rd May:** Annual Church Clothing Appeal—distribution of bags and

**10th May:** collection of bags.



## Coffee Morning

WEDNESDAYS AFTER 10.00 MASS  
IN THE PARISH CENTRE

Enjoy fresh scones and tea/coffee €2

All welcome

# PORTMARNOCK COMMUNITY ASSOCIATION - PCA NEWS

## Annual General Meeting of Portmarnock Community Association

The AGM was held in Portmarnock Hotel and Golf Links on the 25th November. The turnout was a big improvement on last year which was heartening to see. A new committee was elected and I have taken on the role of chairperson. A big thanks is due to Pat Suttle who acted as chairperson in a temporary capacity for 2019 having already served the three years in the post. Thanks are also due to John Fay who has acted as Secretary for the last four years. It was great to get three new members on the committee and we would welcome further new members for the committee.

The PCA would like to thank the management and staff of the Portmarnock Hotel and Golf Links who kindly hosted the AGM. They also provide a room for our monthly committee meetings and provide coffee and scones after our fortnightly beach cleans from April to September. We would encourage everyone in Portmarnock to become a member of the PCA. The more people that are members the better to help improve our community. We now have an online facility for payment of membership fees. Just register on <https://portmarnock.xyz>, login and click "enter" button below the PCA icon, then click register and complete the details.

## Tidy Towns

We had a planting session in early December at the flower bed beside the Christmas Tree (see the picture) and also the containers from there to the roundabout with a follow-up session tidying planting containers and beds at the seafront and around the village. Thanks to everyone in Fingal County Council (FCC) who do great work in the area, in particular Alan Devine's Operations team who look after the beach and litter collection and Colin Gilhooly's team in the Parks Department who look after our green areas. Our thanks also to the Department of Rural and Community Development for their grant of €3,000 for our projects and to the Dublin Airport Authority for a grant of €1,200 to purchase tools and equipment.



## Planning

It is a busy time in relation to planning applications and this is a quick snapshot of applications at the time of writing in mid January. Several appeals were lodged to An Bord Pleanála (ABP) against the proposed nursing home on Limetree Avenue. ABP are now considering the appeals and a decision is expected in mid April.

Additional information was requested from the developers by FCC in relation to the proposed café/restaurant at North Lodge on Strand Road. The information was submitted and is under review by FCC.

The period for submitting observations relating to the planning application for redevelopment of the shopping block across from Lidl closed on 9th January. A decision on the application will be due from FCC by the end of January unless they decide to request additional information from the developer.

A judicial review application is being lodged to the High Court in relation to the Waste-Water Treatment Plant in Clonsbaugh to challenge the planning permission granted by ABP. The timescale for a hearing will depend on the courts.

## Sustainable Energy Community

We are continuing to progress this while awaiting the €15,000 grant which the Sustainable Energy Authority of Ireland advised before Christmas that we would be receiving. The grant will be used to develop an Energy Master Plan and we are about to tender for a specialist consultant for this. The Energy Master Plan will include an assessment of energy conservation measures for typical house types in Portmarnock and also energy efficiency assessments for businesses and community buildings. As mentioned previously in Progress, we would ask that people who already have BERs on their properties or who have completed insulation/retrofits would provide us with information on their projects. You can send on the information to me by email at [finbarrquigley@eircom.net](mailto:finbarrquigley@eircom.net). All references to individuals and home addresses will be deleted to maintain confidentiality.

## New compacting litter bins at the beach

You may have noticed the new compacting litter bins installed by FCC on the seafront (see picture). The bins have an internal solar powered compaction system which increases the capacity by up to 10 times that of a normal non-compacting bin. They also have an integrated sensor with communications software that alerts FCC when the bins need to be emptied. FCC also erected a new sign at the beach entrance which is another improvement at the seafront.

*Finbarr Quigley - Chairperson*

*Contacting the PCA: If you wish to contact the PCA on any issues in our community or volunteer for any of our committees why not call us 087 248 6287 (leave a message) or email [portmarnock1@gmail.com](mailto:portmarnock1@gmail.com). You can visit our website/Facebook at [www.portmarnock.org](http://www.portmarnock.org)*



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## THE POWER OF FORGIVENESS

*'I bear no ill will. I bear no grudge. Dirty sort of talk is not going to bring her back to life. She's in heaven and we shall meet again. I will pray for these men tonight and every night.'*

These words of Gordon Wilson echoed across the world in 1987, just hours after his 20-year-old daughter Marie was killed in an IRA bomb in Enniskillen. Very few words in the history of the Northern Ireland conflict had such a powerful impact. His extraordinary capacity to forgive the people who had caused him so much pain helped to move along the flow process.

Gordon Wilson was the personification of the words of Jesus: 'love your enemies and pray for those who persecute you.' It is one of the most difficult and challenging passages in the Gospels; one commentator calls it 'Jesus' most unreasonable command.' Living under oppressive Roman rule, with torture and murder not uncommon, the disciples knew what it was to hate their enemies. As we read and listen to the news today, the cruelty of people continues to astound and upset us. But Jesus reminds us that everyone is human. All are the children of God, who 'causes his sun to rise on bad en as well as good.' While we clearly don't accept or excuse the terror and evil in the world, we cannot dehumanise those who carry out despicable actions. It is much easier said than done, but we must strive to meet hatred with love. With God, there is always forgiveness; there is always hope.

*'Returning hate for hate multiplies hate,  
adding deeper darkness to a night  
already devoid of stars.*

*Darkness cannot drive out darkness;  
only light can do that.*

*Hate cannot drive out hate;  
only love can do that.'*

Martin Luther King Jr

## THE BARE MINIMUM

There are times when we try to get by with the bare minimum. Maybe we have scraped through an exam with the minimum of effort, or done a last-minute rush job to complete a work project. Plenty of us know what it's like to do just enough around the house to keep it from descending into total chaos!

Perhaps unconsciously, we sometimes take the same approach to our relationships—only phoning a parent once in a blue moon to 'check in,' or visiting a friend only when we are reminded. It can be easy to slip into a pattern of acting out of a sense of duty rather than love.

Of course, our faith can go the same way. Are there times when we approach the Eucharist with a niggling feeling that something is not quite right? If so, Jesus has some strong words for us in today's Gospel. If we believe that all we are expected to do is 'follow the rules,' we have missed something important. Jesus does not want us to merely follow the letter of the law. Where is the joy or the challenge in that? He tells us that our virtue must go deeper than simply doing the bare minimum.

Not only must we not kill, we must not be angry with others. Not only must we not break a promise, we must be honest in all our dealings and in our speech.

If we approach the altar without being on good terms with others, we are not in true communion with God.

Obedying the rules is the bare minimum. The Gospel is calling us to a more radical way of living.

*both articles from Triona Doherty  
Email trionad@gmail.com  
Courtesy of INTERCOM Magazine*

## DIARY DATES

FEB	Wed 19th	AnamCara Parent Evening	1
	Friday 21st	Annual Remembrance Service	1
	Wed 26th	Ash Wednesday	1/2
MAR	Sunday 1st	Volunteer Showcase	6
	Tues 17th	St. Patrick's Day	
	Thurs 26th	Confirmation St. Helen's	2
	Friday 27th	Confirmation St. Marnock's	2
APR	Sat/Sun 4th/5th	SVP Collection for Sunshine House	7
	Sun 12th	Easter Sunday	
MAY	Sun 3rd	SVP Annual Church Clothing Appeal - distribution of bags	7
	Sat 9th	First Communion St. Marnock's	2
	Sun 10th	Collection of above SVP bags	7
	Sat 16th	First Communion St. Helen's	2
JUNE	Wed 10th - Wed 17th	Pilgrimage to Medjugorje	12

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## PARISH INFORMATION

Saint Anne's Church & Parish Centre,  
Strand Road, Portmarnock, Co. Dublin.

Phone 846 1561 email: stannes@portmarnockparish.ie

Items for Progress: [progress@portmarnockparish.ie](mailto:progress@portmarnockparish.ie)  
[www.portmarnockparish.ie](http://www.portmarnockparish.ie)

**Parish Office** (in Parish Centre) Open 9.00 am to 5pm, Mon to Fri. Signed Mass cards (including Irish text) available, arrange baptisms, get baptism/confirmation certificates, Freedom to Marry forms, book rooms in Parish Centre etc.

**Parish Secretaries** Margaret Corcoran and Gabrielle Moore.

**Anniversary Masses** All weekend Masses are 'shared'. Call or phone the Parish Office to book Masses.

**Mass for the People of the Parish** Each Monday morning the 10.00 am Mass will be offered for the people of the parish.

**Confessions** Saturdays after 6.30 pm Mass.

**Baptisms** are held on the 1st Saturday at 12.00 noon and on 3rd Sunday at 1.15 pm. Preparation Meeting for parents and godparents held usually on last Wednesday of each month in Parish Centre. See more details on website or contact Parish Office.

**Marriage** please see website for important information on church and state requirements or contact Parish Office.



## Our Parishes Working Together

TEAM MINISTRY OF MALAHIDE-KINSEALY-YELLOW WALLS-PORTMARNOCK

**PORTMARNOCK:** St. Anne's Church, Strand Road, Portmarnock. Parish Office - 846 1561.  
**Fr. Jimmy McPartland**, Co-PP, St. Anne's Parochial House, Strand Road, Portmarnock. Phone - 552 1563.

**Fr. Conleth Meehan**, Co-PP, contact through the Parish Office - 846 1561

**MALAHIDE:** St. Sylvester's Church, Main Street, Malahide. Parish Office - 845 1244  
**Moderator: Fr. Kevin Moore**, address as above. Phone - 549 6615. Parish Pastoral Worker: Mary Kirk 087 457 0981

**YELLOW WALLS:** Church of the Sacred Heart, Estuary Road, Malahide. Parish Office - 845 4783.  
**Fr. Martin Noone**, 7 Seabury Drive, Malahide Phone - 845 1902.

Parish Pastoral Assistant: Ronan Ormsby

**KINSEALY:** St. Nicholas of Myra, Kinsealy. Phone - 846 0028



## BAPTISMS

*Congratulations to the families of the following children who were baptised recently*

Millie Anne Burke, The Fairways/Seabrook Manor  
James Lénárd Patrick Healy, Rialto  
Chloe Isobel Farrelly, Queensland, Australia  
Lily Anne Mary Gerarda Lynch, Drumnigh Manor  
Nora Rose Mary Gerarda Lynch, Drumnigh Manor  
Anna Mary McFadden, Robswall  
Charlie Spollen, Ontario, Canada  
Lauren Spollen, Ontario, Canada  
Niamh Nora Harrell, Carrickhill Drive  
Robyn Christina Mary Ruane, Carrick Court Close

### Mass for the People of the Parish

Each Monday morning the 10.00 am Mass in St. Anne's Church will be offered for the people of the parish.

### ADORATION TIMES AND OTHER DEVOTIONS ST. ANNE'S PARISH



## ADORATION OF THE BLESSED SACRAMENT

Shalom Room—St. Anne's Parish Centre, Portmarnock

### DAYTIME

MON to FRI 9.00am - 4.50 pm / **SATURDAY: NO ADORATION**  
(MON 3.00 - 4.00pm — Divine Mercy Group)

### EVENING

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**TUES 7.00 -9.50 pm**

**WED 7.00 -7.30pm; John Main Meditation Group 7.30 -8.30pm** (all welcome)

**THURS 7.00 -8.00pm; 8.00 -9.15pm.** Prayer Group.

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**KINSEALY:** Adoration WEDNESDAY mornings after 10.00 am Mass to 1.00pm

### OTHER DEVOTIONS

#### Legion of Mary

Weekly meetings are held on Wednesdays at 10.40am in Parish Centre **New members welcome**

#### LAST FRIDAY OF EACH MONTH—St. Pio Devotions

7.00 pm in St. Anne's Church (Mass commences at 7.30 pm)

All issues of Progress are available online. If you have family living abroad remind them they can access the newsletter as soon as it is issued — usually first weekend of the month.

### MASS TIMES IN OUR GROUPING

MASS TIMES	CHURCH	WEEKDAYS <i>(subject to availability of priests)</i>
Saturday 6.00pm	Yellow Walls	<b>Convent</b> 8.30 am Mon to Fri 9.00 am Sat
Saturday 6.30pm	Portmarnock	
Sunday 9.00am	Carmelite Convent	<b>Yellow Walls</b> 9.30 am Mon, Tues, Thurs, Fri <i>(Wed Svce of Word)</i>
Sunday 10.00am	Malahide	
Sunday 10.30am	Portmarnock & Yellow Walls (Family Masses)	<b>Kinsealy</b> 10.00 am Weds & Fri
Sunday 11.00am	Kinsealy	
Sunday 11.15am	Malahide	<b>Malahide</b> 10.00 am Mon to Sat
Sunday 12.00 noon	Portmarnock & Yellow Walls	
Sunday 12.30pm	Malahide	<b>Portmarnock</b> 10.00 am Mon to Fri
Sunday 5.30pm	Malahide	



FREE  
8 Step Guide to  
Making Good Decisions

MAKING  
GOOD  
DECISIONS

Free 8 step video guide to Making Good Decisions delivered to you by email over 30 days.

This reflection series covers 8 separate reflections on how to make a good decision. Delivered directly to your inbox, each reflection consists of a brief guide and a video reflection by the late Fr. Michael Paul Gallagher, SJ.



## PILGRIMAGE TO MEDJUGORJE

### GROUP PILGRIMAGE 2020

Wednesday 10th to Wednesday 17th June 2020

with Marian Pilgrimages

Staying in Ines House, close to church

Flights Dublin direct to Mostar, then only 30 minutes coach drive to Medjugorje, return Split to Dublin, 7 nights, includes flights, B&B, evening meal, coach transfers, insurance.

**Price €715.00**, supplement for single room.

Contact Derek & Anne Farrell, 086 257 3824,  
087 922 4077

Spiritual Director Fr. Brian Treacy.